



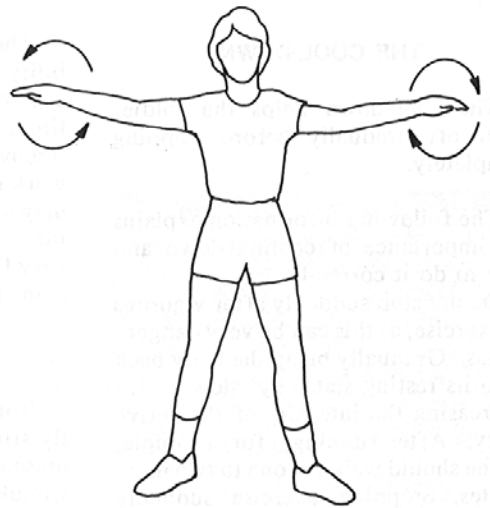
# Reserve Component Physical Training Program

## Appendix A. Rotation Drill and Stretch Drill

### Rotation Drill, Exercise 1



NECK	
	
<b>Position:</b> Stand with the back straight and feet shoulder width apart. Place the hands on the hips.	<b>Action:</b> Roll the head slowly to the left, making a complete circle with the path of the head. Do this three times in each direction.

### Rotation Drill, Exercise 2



ARMS AND SHOULDERS	
	
<b>Position:</b> Stand with the back straight and feet shoulder width apart. Extend the arms outward to shoulder height.	<b>Action:</b> Rotate the shoulders forward, and make a large circular motion with the arms. Repeat the action in the opposite direction. Do this three times in each direction.

# Reserve Component Physical Training Program

## Rotation Drill, Exercise 3

HIPS	
	
<b>Position:</b> Stand in the same manner as for the neck rotation.	<b>Action:</b> Rotate the hips clockwise while keeping the back straight. Repeat the action in a counterclockwise direction. Do this three times in each direction.

## Rotation Drill, Exercise 4

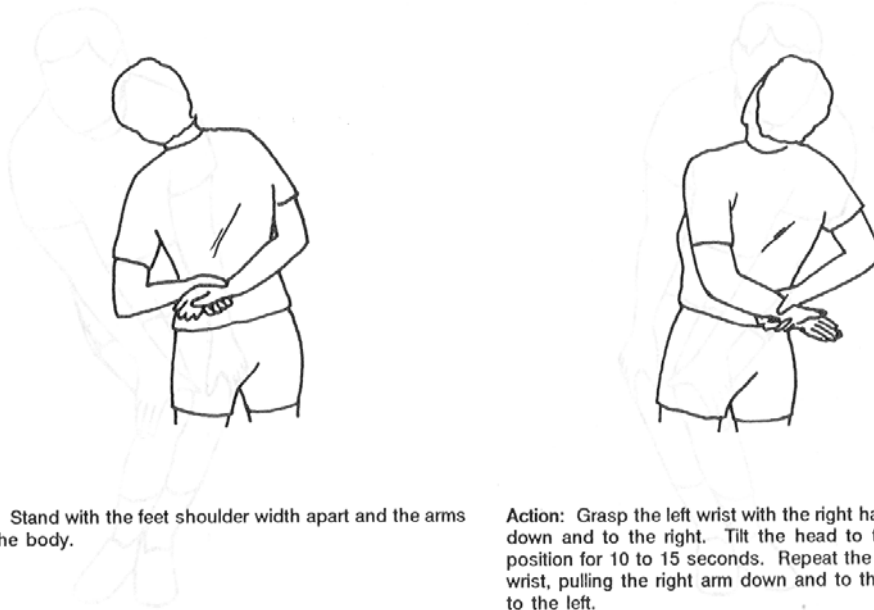
KNEES AND ANKLES	
	
<b>Position:</b> Stand with the feet together, and bend at the waist with the knees slightly bent.	<b>Action:</b> Place the hands above the knees, and rotate the legs in a clockwise direction. Repeat the action in a counterclockwise direction. Do this three times in each direction.

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### Stretch Drill, Exercise 1

#### NECK AND SHOULDER STRETCH

This stretches the sternocleidomastoid, pectoralis major, and deltoid muscles.



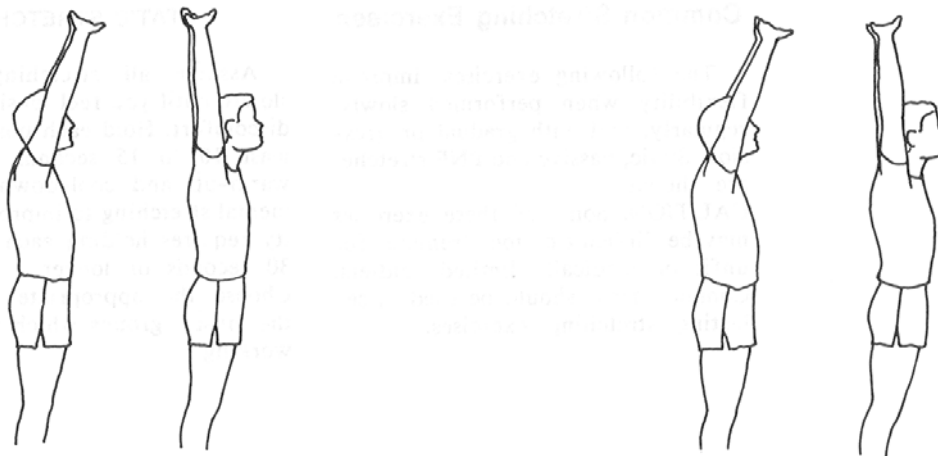
**Position:** Stand with the feet shoulder width apart and the arms behind the body.

**Action:** Grasp the left wrist with the right hand. Pull the left arm down and to the right. Tilt the head to the right. Hold this position for 10 to 15 seconds. Repeat the action with the right wrist, pulling the right arm down and to the left. Tilt the head to the left.

### Stretch Drill, Exercise 2

#### ABDOMINAL STRETCH

This stretches the abdominals, obliques, latissimus dorsi, and biceps.



**Position:** Stand and extend the arms upward and over the head. Interlace the fingers with the palms turned upward.

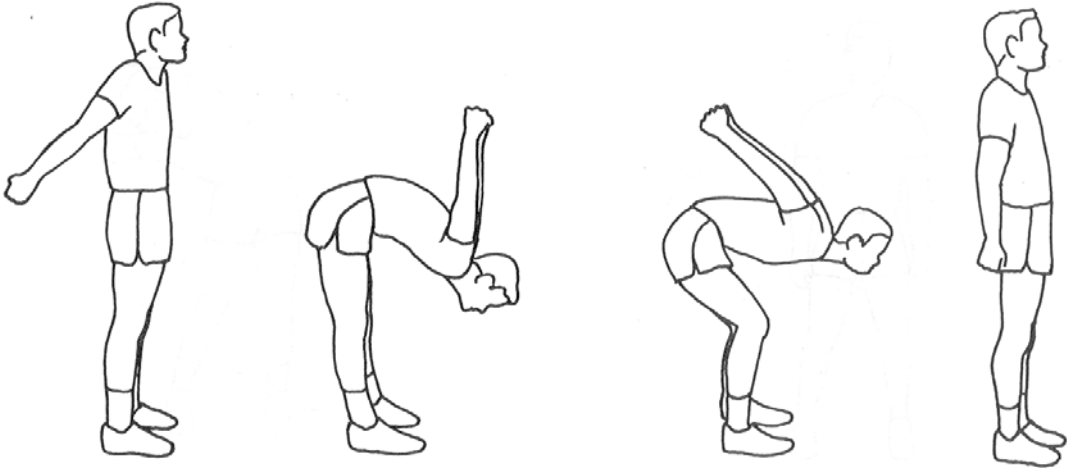
**Action:** Stretch the arms up and slightly back. Hold this position for 10 to 15 seconds.

**Variation:** This stretches the rectus abdominis muscles. Stretch to one side, then the other. Return to the starting position.

## Reserve Component Physical Training Program

### Stretch Drill, Exercise 3

**CHEST STRETCH**  
This stretches the pectoralis major, deltoids, and biceps muscle groups.

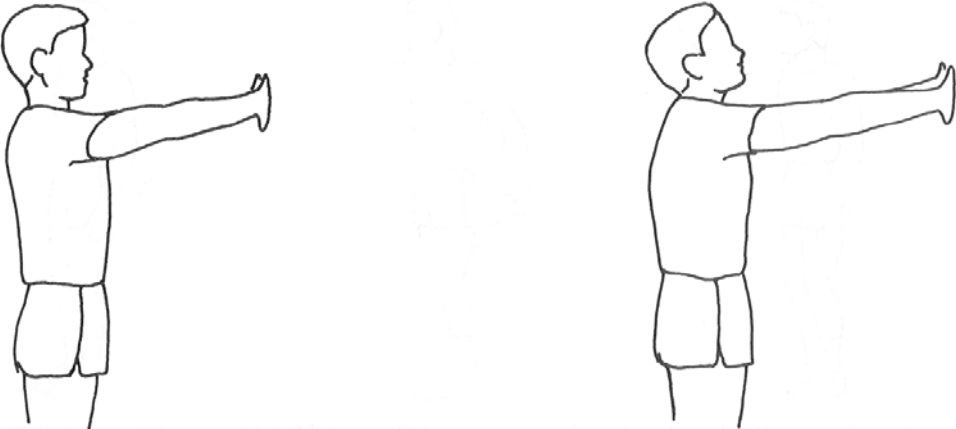


**Position:** Stand and interlace the fingers behind the back.

**Action:** Lift the arms behind the back so that they move outward and away from the body. Lean forward from the waist. Hold this position for 10 to 15 seconds. Bend the knees before moving to the upright position. Return to the starting position.

### Stretch Drill, Exercise 4

**UPPER-BACK STRETCH**  
This stretches the lower trapezius and posterior deltoid muscles of the upper back.

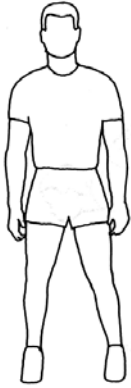



**Position:** Stand with the arms extended to the front at shoulder height with the fingers interlaced and palms facing outward.




**Action:** Extend the arms and shoulders forward. Hold this position for 10 to 15 seconds. Return to the starting position.

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### Stretch Drill, Exercise 5

<b>OVERHEAD ARM PULL</b>	
<b>This stretches the external and internal obliques, latissimus dorsi, and triceps.</b>	
	
<b>Position:</b> Stand with the feet shoulder width apart. Raise the right arm, bending the right elbow and touching the right hand to the back of the neck.	<b>Action:</b> Grab the right elbow with the left hand, and pull to the left. Hold this position for 10 to 15 seconds. Return to the starting position. Do the same stretch, and pull the left elbow with the right hand for 10 to 15 seconds.

### Stretch Drill, Exercise 6

<b>THIGH STRETCH (VARIATION)</b>	
<b>This stretches the quadriceps and anterior tibialis.</b>	
	 
<b>Position:</b> Stand. (For variation, lie on the stomach.)	<b>Action:</b> Bend the left leg up toward the buttocks. Grasp the toes of the left foot with the right hand, and pull the heel to the left buttock. Extend the left arm to the side for balance. Hold this position for 10 to 15 seconds. Return to the starting position. Bend the right leg, grasp the toes of the right foot with the left hand, and pull the heel to the right buttock. Extend the right arm for balance. Hold this position for 10 to 15 seconds. Return to the starting position.

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### Stretch Drill, Exercise 7

#### HAMSTRING STRETCH (SEATED)

In addition to the muscles mentioned in the standing hamstring stretch, this stretches the calf (gastrocnemius and soleus) muscles.



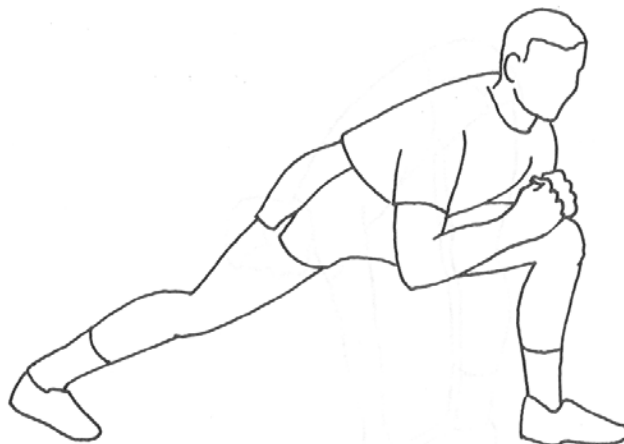
**Position:** Sit on the ground with both legs straight and extended forward with the feet upright about six inches apart. Put the hands on the ankles or toes.

**Action:** Bend from the hips, keeping the back and head in a comfortable, straight line. Hold this position for 10 to 15 seconds. (Variation for greater stretch: Stretch and pull back on the toes.)

### Stretch Drill, Exercise 8

#### GROIN STRETCH (STANDING)

This stretches the hip adductor muscles.



**Position:** Lunge slowly to the left while keeping the right leg straight, the right foot facing straight ahead and entirely on the floor.

**Action:** Lean over the left leg while stretching the right groin muscles. Hold this position for 10 to 15 seconds. Repeat with the opposite leg.

## Reserve Component Physical Training Program

### Stretch Drill, Exercise 9

#### **CALF STRETCH (VARIATION: TOE PULL)**

This stretches the calf (gastrocnemius) and to a lesser extent the hamstrings, gluteus maximus, and erector spinae muscles.



**Position:** Stand with the feet shoulder width apart and the left foot slightly forward.

**Action:** Bend forward at the waist. Slightly bend the right knee, and fully extend the left leg. Reach down and pull the toes of the left foot toward the left shin. Hold this position for 10 to 15 seconds. Return to the starting position. In a similar manner, pull the toes of the right foot toward the right shin, and hold for 10 to 15 seconds.

### Stretch Drill, Exercise 10

#### **HIP AND BACK STRETCH (SEATED)**

This stretches the hip abductors, erector spinae, latissimus dorsi, and oblique muscle groups.



**Position:** Sit on the ground with the right leg forward and straight. Cross the left leg over the right while sitting erect. Keep the heels of both feet in contact with the ground.

**Action:** Slowly rotate the upper body to the left and look over the left shoulder. Reach across the left leg with the right arm, and push the left leg to your right. Use the left hand for support by placing it on the ground. Hold this position for 10 to 15 seconds. Repeat this stretch for the other side by crossing and turning in the opposite direction.